



Ion Health

A monthly e-newsletter from Mineral Resources International, Inc.®

May 10, 2010

Volume 9, No.5

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- Whole-Foods Diet=Less Risk of Depression?
- Magnesium May Reduce Colon Cancer Risk

Reducing Inflammation with Magnesium

Inflammation is the body's natural and immediate response to either infection or injury. When inflammation is present, the body will increase blood flow to the affected area sending infection-fighting blood cells to kill bacteria and quell the inflammation. While some inflammation is normal short term, low-grade or chronic inflammation can occur, which is not normal and can have very damaging effects on one's health. Why? Because inflammation can cause reactive oxygen species (ROS) to form, which then begin attacking healthy blood vessels and tissue (oxidative stress). Chronic diseases such as heart disease, high blood pressure, diabetes, and osteoporosis all have a chronic inflammation component. If you want to combat inflammation, take a look at your intake of minerals—specifically magnesium. Chronic inflammation can be triggered by low-nutrient intakes and poor diet. In particular, a low intake of magnesium, an essential mineral, zinc, a trace mineral, and vitamin C can worsen inflammation, states Forrest H. Nielsen of the USDA's Agricultural Research Service. As Nielsen points out, magnesium is an important mineral, which plays a regulatory role in inflammation. Both low magnesium intakes and low blood magnesium levels have been associated with an increased marker of chronic inflammation in people *of all ages*. Nielsen goes on to state that recent nutrition surveys report that about 60 percent of Americans do not meet the estimated average requirement for magnesium, which is 310-320 mg for women and 400-420 mg for men. According to Nielsen, the best way to prevent chronic inflammation and oxidative stress is to maintain a proper body weight and eat a diet rich in foods that have anti-inflammatory and anti-oxidant actions and that provide essential nutrients (magnesium) in adequate amounts. To read Nielsen's article, "Inflammation—Bad or Good" go to: <http://www.ars.usda.gov/News/docs.htm?docid=19563>

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Apple Pectin May Fight Colitis, Cancer

Researchers have long believed that inflammation may be linked with cancer. Colitis, inflammation of the colon, increases the developmental risk of colon cancer. According to a Chinese study in the journal *Carcinogenesis*, researchers isolated an oligogalactan comprising five galacturonic acids derived from apple pectin and evaluated its possible protective effect on intestinal toxicities and carcinogenesis in colitis-associated colon cancer in mice. The apple oligogalactan was highly effective against both intestinal toxicities and carcinogenesis and reduced levels of certain factors associated with colitis-associated colon cancer. To view a copy of the study abstract, go to: <http://www.ncbi.nlm.nih.gov/sites/entrez>. The Pub Med ID number is: 20400476. MRI's Cleanse formula is one of the few fiber products that not only provides apple pectin in its fiber, but psyllium seed and husk and LB PreBiotic, a proprietary prebiotic blend. MRI's Cleanse with Fiber provides complete support for the gastrointestinal system on multiple levels.

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